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(54) **DIETARY SUPPLEMENT AND METHODS OF USE**

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(\*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 1180 days.

This patent is subject to a terminal disclaimer.

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(52) **U.S. Cl.**

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(58) **Field of Classification Search**

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See application file for complete search history.

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#### ABSTRACT

One aspect of the invention provides dietary fiber compositions comprising effective amounts of glucomannan, xanthan gum, and alginate to produce a desired viscosity. The invention also provides food products comprising an effective amount of a dietary fiber composition. In other aspects, the invention provides methods for preparing a dietary fiber composition or a food product comprising a dietary fiber composition and methods for promoting satiety, promoting weight loss, lowering blood glucose levels, or lowering blood cholesterol levels in a mammal.

**35 Claims, 26 Drawing Sheets**

#### POST-MEAL PLASMA GLUCOSE RESPONSE

